

DESCRIPTION OF MYOPIA INCIDENT AT XI GRADE STUDENTS

AT MADRASAH ALIYAH NEGERI 1 SRAGEN

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ABSTRACT

Background: Along with the times, there have been changes in learning styles in students today. Students must now be required to get as much information as possible, so there will be an increase in the use of gadgets. which is a form of close activity. In addition, students will tend to have minimal time for outdoor activities ***Methods:*** The type of research used in this study used quantitative research with a descriptive approach with a sample of 81 respondents, the data taken was eye vision using a trial lens and using a demographic sheet. ***Results:*** The results showed that the frequency distribution of students based on the time they read books in a day ≥ 30 minutes was 75 students or 92.6%, the frequency distribution of students based on the use of gadgets and laptops/computers in a day ≥ 30 minutes was 72 students or 88.9%, the frequency distribution of students based on outdoor activities in a week ≤ 5 hours as many as 70 students or 86.4%. ***Conclusion:*** The incidence of myopia in students based on the right eye and left eye was the majority of normal eye categories as many as 40 respondents.

Keyword: Myopia, Refractive Disorders, Eye Health